



QIIMEYNTA NAFAQADA CUNUGYADA AY DA'DOODU TAHAY 1-5 /NUTRITION ASSESSMENT FOR CHILDREN AGES 1-5

MAGACA KA QEYBQAATAHA IYO DCN;	TAARIKHDA DHALASHADA	DA'DA Qiyaasta bisha □ 12-23 □ 24-59	TAARIKHDA LA DHAMEYSTIREY
Form completed by: <input type="checkbox"/> Parent/Guardian or WIC staff. <input type="checkbox"/> CPA <input type="checkbox"/> RD <input type="checkbox"/> Nutritionist <input type="checkbox"/> WIC Certifier			
Fadlan ka fikir cunugaaga habka raashin qaadashadiisa kana jawaab su'aalaha soo socda sidii ugu haboon ee awoodaada ah. Ku dhig sanduuqa yar dhexdiisa calaamada <input checked="" type="checkbox"/> iyo/ama qor jawaabtaada			
DARYEEL			
1. Sidee ayaad u qeexi lahayd rabitaanka raashinka ee cunugaaga? <input type="checkbox"/> Fiican <input type="checkbox"/> Iska roon <input type="checkbox"/> Liita			
2. Miyaad dareentey wax isbedel ah oo ku yimidey dhawaan rabitaanka raashinka ee cunugaaga? <input type="checkbox"/> Haa <input type="checkbox"/> Maya			
3. Miyaad qabtaa wax su'aalo ah oo ku saabsan dabeeecadaha raashin qaadashada ee cunugaaga? <input type="checkbox"/> Haa <input type="checkbox"/> Maya hadii ay tahay jawaabtu haa, maxay yihiin?			
4. Maxaad sameysaa marka cunugaagu aanuu rabin inuu wax cuno ama uu rabo inuu cuno oo kaliya raashin khaas ah?			
5. Cunugagu miyuu ku margadaa raashinka marmarka qaarkood ama ku yaqyaqsoodaa? <input type="checkbox"/> Haa <input type="checkbox"/> Maya hadii ay jawaabtu tahay haa, liistee:			
6. Sidee ayaa loo diyaariyaa inta badan raashinada uu cunugaagu cuno? Calaamadee intii ku khuseysa oo dhan. <input type="checkbox"/> La cajiimey <input type="checkbox"/> La shiidey ama raashinka ilmaha <input type="checkbox"/> La falfaliirey <input type="checkbox"/> Dareere ah <input type="checkbox"/> Raashinka faraha lagu cuni karo <input type="checkbox"/> Kuwo kale:			
HABKA CUNTADA			
7. Imisa jeer ayuu maalintii wax cunaa cunugaagu? ____ Cuntada/maalintii ____ cuntooyinka baakooyinka ku jirta/maalintii Cuntooyinka baakooyinka oo nooceee ah ayuu cunugaagu cunaa? Calaamadee intii ku khuseysa oo dhan. <input type="checkbox"/> Caano, garoor, foormaajo <input type="checkbox"/> Hilib, maley, ukun, digir <input type="checkbox"/> Miro iyo khudaar <input type="checkbox"/> Rooti, Heed, bariis ama baasto <input type="checkbox"/> Bataati shiilan/raashinka cusbada leh <input type="checkbox"/> Buskud/doolshe/ raashinka sonkorta leh			
8. Imisa ayaamood todobaadkii ayuu qoyskaagu sida qaalibka ah raashinka wada cunaa? ____ maalmood/todobaadkii			
9. Waqtiga cuntada, intee ayuu cunugaagu mararka qaarkood cunaa raashin la mid ah midka qoyska intiisa kale uu cuno? (Calaamadee midkood) <input type="checkbox"/> had iyo jeer <input type="checkbox"/> Marmor <input type="checkbox"/> Mar dhif ah hadii ay tahay mar dhif ah, muxuu cunugaagu cunaa? Liistee:			
10. Imisa maalmood todobaadkii ayuu cunugaagu wax ka cunaa xanaanada caruurta (marka lagu daro meelaha wax lagu baro ilamaha inta aaney da'doodu gaadhin iskuulka)? ____ maalmood/ todobaadkii			
11. Caadi ahaan todobaadkii, imisa jeer ayuu cunugaagu wax ka cunaa huteelka, marka lagu daro meelaha lagu gado cuntooyinka fudud? ____ raashino/todobaad			
12. Maalintii, imisa jeer ayuu cunugaagu raashinka ama cuntooyinka baakooyinka ku jira ku hor cunaa marka uu daawanayo TV? ____ cuntooyinka baakooyinka ku jirta/maalmood ____ raashin/maalmood			
HABKA RAASHIN QAADASHADA			
13. Side ayaa loo diyaariyaa guud ahaan raashinkiina? Calaamadee intii ku khuseysa oo dhan. <input type="checkbox"/> La foorneeyey <input type="checkbox"/> La shiiley <input type="checkbox"/> La karkariiyey <input type="checkbox"/> La moofeyey <input type="checkbox"/> La soley <input type="checkbox"/> La dubey <input type="checkbox"/> Microwafka lagu kariyey			
14. Miyej jiraan raashino aad is leedahay cunugaagu in ku filan kama cuno? Hadii ay jawaabtu tahay haa, calaamadee intii ku khuseysa oo dhan <input type="checkbox"/> Haa <input type="checkbox"/> Maya <input type="checkbox"/> Caano, garoor, foormaajo <input type="checkbox"/> Miro <input type="checkbox"/> Khidaar <input type="checkbox"/> Hilib <input type="checkbox"/> Rooti, heed, bariis iyo baasto			
15. Miyej jiraan raashino aad leedahay cunugaagu aad ayuu u cunaa? <input type="checkbox"/> Haa <input type="checkbox"/> Maya hadii ay jawaabtu tahay haa liistee:			
16. Cunugaagu miyuu badanaa cunaa cuntooyinka macaan sida nacnac qoriilaha, nacnaca, heeda la maceeyey,ama macmacaanka raashinka ka dib la cuno? <input type="checkbox"/> Haa <input type="checkbox"/> Maya hadii ay jawaabtu tahay haa, liistee sheyaga(yada) & Cadadka (yada):			
*17. Miyuu cunugaagu cunaa raashinada sida: a. miro ama khudaarta cabitaan laga miro oon la karkarin, <input type="checkbox"/> Haa <input type="checkbox"/> Maya b. waxyabalaha xoolaha laga dheefsado oon la karkarin..... <input type="checkbox"/> Haa <input type="checkbox"/> Maya c. foormaajo jilicsan sida, Feta, Brie, Camembert, blue-veined cheese, Mexican-style cheese, <input type="checkbox"/> Haa <input type="checkbox"/> Maya d. hilib cayriin ama aan aad loo karin, maley, digaag, turkiga,ama ukun <input type="checkbox"/> Haa <input type="checkbox"/> Maya e. khudaarta iniiinteeda oo darey ah (nooc xawaashka ka mid ah oo loo yaqaan (alfalfa), qorofalka, digir, khudaar malaasan oo guduudan (radish)), <input type="checkbox"/> Haa <input type="checkbox"/> Maya f. aad loo karin amma cunto laga sameeyo iniiinta soyga oo loo yaqaano(tofu), <input type="checkbox"/> Haa <input type="checkbox"/> Maya g. hilib suuqa lagu gado oon karsaneyn oo la googooyey,hilibka bisil ee lagu gato dukaanka,hilib shiidan oo la luuqey oo rooti la dhexgasho..... <input type="checkbox"/> Haa <input type="checkbox"/> Maya			
*18. Miyuu cunugaagu joogto u cunaa waxyaabaha aan raashinka ahayn? <input type="checkbox"/> Yes <input type="checkbox"/> No hadii ay jawaabtu tahay haa, calaamadee intii ku khuseysa oo dhan. <input type="checkbox"/> Danbas <input type="checkbox"/> Dhoobada <input type="checkbox"/> Jajabka ranjiga <input type="checkbox"/> Dunta kaarbada <input type="checkbox"/> Boorka <input type="checkbox"/> Carada <input type="checkbox"/> Sigaarka ama haraadiga sigaarka <input type="checkbox"/> Rabarka wax lagu soo dhoofiyo <input type="checkbox"/> Budada (dharka wasaqda ah ama budada galeyda) <input type="checkbox"/> Waraaqaha <input type="checkbox"/> Kuwo kale:			

19.	Cunugaagu ma iskii/skeed ayuu wax u cunaa? hadii ay jawaabtu tahay haa, calaamadee intii ku khuseysa oo dhan. <input type="checkbox"/> Ku cabaa koobka ilmaha ee daboolka xidhan leh	<input type="checkbox"/> Wax ku cuna faraha <input type="checkbox"/> Wax ku cabaa koobka ama bakeeriga caadiga ah	<input type="checkbox"/> Haa <input type="checkbox"/> Maya <input type="checkbox"/> Iisticmaala fargeeto/qaado <input type="checkbox"/> Kuwo kale:
*20.	Cunugaagu miyuu ku jiraa cunto qaadasho nidaamsan oo gaar ah? hadii ay jawaabtu tahay haa, calaamadee: <input type="checkbox"/> Cuna khudaar kaliya <input type="checkbox"/> Yareeyaa cuuntooyinka tamarta badan dhaliya/miisaanka rida <input type="checkbox"/> Raashin dabiici ah oo ka kooban khudaar iyo iniinyo aan lagu darin kiimiko.	<input type="checkbox"/> Aan cunin wax xoolo ka yimaada <input type="checkbox"/> Raashinada qaar ku jirada ama aan xamili karin <input type="checkbox"/> Kuwo kale:	<input type="checkbox"/> Haa <input type="checkbox"/> Maya
21.	Miyaad nuujisaa naaska cunugani? hadii ay jawaabtu tahay haa, intee ugu badnaan?		<input type="checkbox"/> Haa <input type="checkbox"/> Maya

CABITAANADA

22.	Cunugaagu miyuu cabaa caanaha? hadii ay jawaabtu tahay haa, calaamadee intii ku khuseysa oo dhan. <input type="checkbox"/> Aan lahayn subag (laga qaadey subaga) <input type="checkbox"/> Bariis ama dareeralahaa dhirta soygaa oo la adkeyey <input type="checkbox"/> Budo ah <input type="checkbox"/> La uumi bixiyey	<input type="checkbox"/> Caano boore (magaca) <input type="checkbox"/> Subag yar leh(1%) <input type="checkbox"/> La maceeyey oo jaamud ah	<input type="checkbox"/> laga dhimey subaga (2%) <input type="checkbox"/> Bariis ama dareeraha dhirta soygaa oon la adkeyn <input type="checkbox"/> Caanaha riyaha	<input type="checkbox"/> Dhamaan <input type="checkbox"/> Kuwo kale:	
23.	Ugu badnaan intee ayuu cunugaagu caano cabaa? (Calaamadee mid kaliya) <input type="checkbox"/> In badan/maalintii (In ka badan 3 koob)	<input type="checkbox"/> Dhowr jeer/maalintii (3 koob)	<input type="checkbox"/> Hal mar/maalintii (1 koob)	<input type="checkbox"/> In ka yar hal mar/maalintii	
*24.	Waa maxay cabitaanada kale ee uu cunugaagu caboo caadi ahaan maalintii? Calaamadee intii ku khuseysa odhan. <input type="checkbox"/> Casiir (100%) <input type="checkbox"/> Cabitaanada isboortiga <input type="checkbox"/> Biyo walax kale lagu maceeyey oo la adkeyey/budo la qaso oo la caboo	<input type="checkbox"/> Biyo cad <input type="checkbox"/> Kookaha/ nooca caadiga ah	<input type="checkbox"/> Biyo sonkor lagu darey <input type="checkbox"/> Kookaha/ nooca la nidaamiyey	<input type="checkbox"/> Miro la shiidey <input type="checkbox"/> Bun/ Shaah <input type="checkbox"/> Kuwo kale:	
25.	Ugu badhaan intee ayuu cunugaagu cabaa 100% miraha la shiidey? <input type="checkbox"/> In badan/maalintii (In ka badan 3 koob)	<input type="checkbox"/> Dhowr jeer/ maalintii (3 koob)	<input type="checkbox"/> Hal mar/maalintii(1 cup)	<input type="checkbox"/> In ka yar hal mar/maalintii	
26.	Waa maxay ilaha uu cunugaagu biyaha ka helaa? (Calaamadii mid kaliya) a. hadii jawaabtu ay tahay ceel gaar ah, miyaa laga baadhey bagteeriya ama kiimikada loo adeegsado beeraha? b. hadii ay jawaabtu tahay haa, calaamadee natijada: c. Miyaad og tahay in ay ku jirto biyahaaga maadada u roon ilkaha ee loo yaqaano (fluoride)? c. Cunugaagu miyuu ku cadeydaa daawada cadeyga ee ay ku jirto maadada fluoride?	<input type="checkbox"/> Nidaamka biyaha ee magaalada <input type="checkbox"/> Caano <input type="checkbox"/> Kookaha/faantada	<input type="checkbox"/> Nidaamka biyaha ee baadiyaha <input type="checkbox"/> Biyo <input type="checkbox"/> Bun/Shaha	<input type="checkbox"/> Ceel gaar ah <input type="checkbox"/> Miraha la shiidey <input type="checkbox"/> Heeda/ raashino adag oo loo raaciyo masaasada	<input type="checkbox"/> Biyaha caagadaha <input type="checkbox"/> Ma ogi <input type="checkbox"/> Ma ogi <input type="checkbox"/> Ma ogi <input type="checkbox"/> Ma ogi

MASAASADA ILMAGA IYO KOOBKA DABOOLKA LEH EE CARUURTA

27.	Cunugaagu miyuu ku cabaa masaasada?	<input type="checkbox"/> Haa <input type="checkbox"/> Maya		
28.	Sida joogtada ah maxaad ku siisaa masaasada? Calaamadee intii ku khuseysa oo dhan. <input type="checkbox"/> Caano <input type="checkbox"/> Kookaha/faantada	<input type="checkbox"/> Miro shiidan <input type="checkbox"/> Biyo <input type="checkbox"/> Bun/Shaha	<input type="checkbox"/> Miraha la shiidey <input type="checkbox"/> Cabitaanka isboortiga <input type="checkbox"/> Heeda/ raashino adag oo loo raaciyo masaasada	<input type="checkbox"/> Kuwo kale:
29.	Cunugaagu miyuu sariirta la qaataa masaasada ama koobka daboolka xidhan leh ee ilmaha wax ku cabaan xiliga uu seexanayo habeenkii ama maalintii?	<input type="checkbox"/> Haa <input type="checkbox"/> Maya		
30.	Cunugaagu miyuu sitaa maalintii masaasada ama koobka daboolka xidhan leh ee caruurtu wax ku cabaan?	<input type="checkbox"/> Haa <input type="checkbox"/> Maya		

SIYAADOOYIN AH

31.	Cunugaagu miyuu qaataa wax fiitamiino ah, macdano, daawada dhirta laga suubiyo ee dabeeciga ah, ama daawo dhireed siyaado ah? hadii ay jawaabtu tahay haa, calaamadee nooc. <input type="checkbox"/> Maadada ilkaha u roon ee loo yaqan (Fluoride) oo siyaado ah	<input type="checkbox"/> Fiitamiinada isku dhafan ee caruurtu <input type="checkbox"/> Daawo dhireed siyaado ah	<input type="checkbox"/> Feero siyaado ah <input type="checkbox"/> Kuwo kale:
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RAASHIN KUGU FILAN IYO KA QEYBQAADASHADA MASHRUUCA

32.	Bishii ayuu soo dhaafney, adiga ama inta guriga kugula nool miyaad cunteen raashink aad is leedahay wuu ka yar tahay intii aad cuni jirteen, sababta oo ah waxaan la hayn lacag raashin lagu soo gato?	<input type="checkbox"/> Haa <input type="checkbox"/> Maya	
33.	Cunugaagu miyuu dhigtaa, Waxbarashada da'da oo aad u yar lagu Bilaabo, Waxbarashada iskuulka ka hor loo sii bilaabo ama Waalidka oo macalin u ah,?	<input type="checkbox"/> Haa <input type="checkbox"/> Maya	
34.	Qoyskaagu miyuu ka qeybqaataa wax ah mashruucyada raashinka ama nafaqada? hadii ay jawaabtu tahay haa, Calaamadee intii ku khuseysa oo dhan. <input type="checkbox"/> Mashruuca waxbarashada nafaqasha ee qoyska (FNEP) <input type="checkbox"/> Kuwo kale:	<input type="checkbox"/> Kaadhka caydha <input type="checkbox"/> Mashruuca gadisleyda	<input type="checkbox"/> Qadada iskuulka <input type="checkbox"/> Boonada raashinka
35.	Miyaad haysataa qalab kuugu filan raashinka iyo meel aad ku keydisato ama aad ku diyaarisoo sida qaboojiye, shoolada wax lagu kariyo oo si fiican u shaqeyn karta iyo maqaasiin aan lahayn cayayaan iyo kiimikoojinka waxyelooyinka leh?	<input type="checkbox"/> Haa <input type="checkbox"/> Maya	

DHAQDHAQAAQA JIDHKA

36.	Caadi ahaan maalintii, imisa saacadoo ayuu daawadaa cunugaagu TV, ciyaraa madadaalooyinka fiidiyaha iyo/ ama ciyaraa kuwa kambiyutarka? <input type="checkbox"/> In ka yar 1 saacad <input type="checkbox"/> 1-2 saacadoo	<input type="checkbox"/> In ka badan 2 saacadoo
37.	Caadi ahaan maalintii, imisa saacadoo ayuu cunugaagu ku ciyaraa banaanka? <input type="checkbox"/> In ka badan 2 saacadoo	<input type="checkbox"/> In ka yar 1 saacad <input type="checkbox"/> 1-2 saacadoo

TO BE COMPLETED BY WIC OFFICE PERSONEL ONLY

SIGNATURE (RISK ASSESSMENT):	SIGNATURE (NUTRITION COUNSELING):
DATE:	DATE: